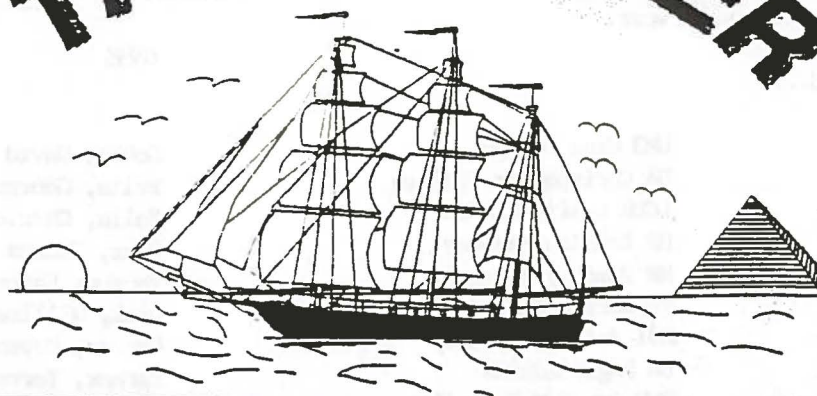


THE *CLIPPER



NAVAL HOSPITAL, MILLINGTON, TN

VOL. 1 NUM 1.



DID YOU KNOW
By: LJJG Romine

COMMANDING OFFICER'S CORNER

Welcome to our first edition of Naval Hospital's newsletter. This will provide a forum to share items of interest about our command and hospital family. It will provide an opportunity to address problems, answer questions and recognize the contributions of individuals and departments. It is your newsletter, and contributions for publication are solicited from every staff member.

It is really a pleasure to commend the entire staff for your hard work and dedication to continuous quality improvement

in providing quality health care. Our recent full three year accreditation with commendation by the Joint Commission on Accreditation of Healthcare Organizations clearly reflects your team efforts.

It will be my pleasure to host a luncheon each quarter to honor our sailors of the quarter (year), civilians of the quarter (year) and semi-annual leadership award from our CPO community. Congratulations to our recent selectees.

The hospital's first paper was published on August 6, 1943 and was temporarily named The Crow's Nest. The issue announced a "Name the paper contest" with a prize of \$5 to the winner. Front page articles announced the Opening of the Outpatient Clinic and that the Hospital rated first in the War Bond Drive. Inside sections consisted of a weekly log, personalities, sports shorts, mail call, and an article on "Sixty Corpsman Advance in Rating."

The Clipper was chosen as the name for Naval Hospital Memphis' newspaper. The paper was published weekly from August 13, 1943 until May 17, 1946, the last known publication date of The Clipper.

Volume One, Issue One of The Hospital Clipper appeared in January 1964

as a monthly publication for the staff at Naval Hospital Memphis.

In April 1964 The Hospital Clipper featured the only calendar girl published in the paper. A bikini clad young beauty inviting "Duffers" to sign up for the hospital's golf tournament appeared and stayed around for virtually every issue until 1975.

May 1977 was the last known publication of the monthly issues.

In January 1978, The Hospital Clipper reappeared as a bi-monthly publication and ran until June 1982.

This issue represents the rebirth of The Clipper. We, the staff, hope you enjoy each and every issue.

HAIL AND FAREWELL

The February born will find Sincerity and peace of mind Freedom from passion and from care, If they the Pearl will wear.

HAPPY BIRTHDAY TOO...

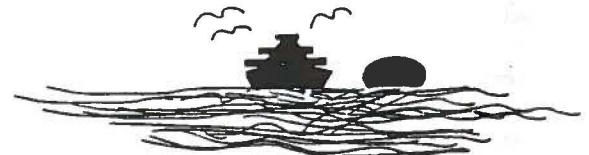
Betty Black	HM3 Gina Graham
Elizabeth Cates	HA Christopher Collins
Hazel Glasgow	LCDR Leslie Landou
Jeanette Jungkans	HR Brandon Mahaney
Katheryn Markham	HN Timothy Mitchell
Retha Miller	Frederick Munn
Margie Sharp	MS1 Jeffrey Garnsey
Robin Stevens	HA Roger Adkins
Kenneth Beech	HM3 David McConnell
Mary Bonner	HA Mark Hollifield
IM1 Andrew Hairl	HM3 Stephen Dematto
IM1 Charles Hokeah	HM3 Nathaniel Grissom
HM1 Stephen Johnston	MSC Raymond Graves
HM3 Tim Mullins	David Selby
GM2 Steve Dunham	HN Stephanie Jones
LCDR Pamela McConnaughey	HN Sheri Hawkins
LTJG Joan Poochoon	HMCN Rufus Whitaker
LT Mary Hall	HM3 Jason Lowery
LTJG Larry Newton	Katherine Thomas
Roy Hall	Carolyn Crum
LT Pamela Gaither	Sylvia Neighbors
ABF3 John Woodard	Ellis Jones
ENS Shirly Maxwell	HM3 Rickey Cassada
MS2 Stanley Nory	HM2 Raymond Signore
MS1 Nemo Baker	HM2 Mark Hardy
HM3 Tony Vangalder	HM3 Steve Kelly
LT Russell Ebke	LT Charles Beasley
LCDR Ronald Patrick	HN Derek Dishman
HM3 Brian Brown	HM3 David Story
HM3 Gregory Young	HR Cheryl Adams
LCDR Jerry Carley	LT Joseph Saenz
Sandra Van Eaton	HA Sandra Allen
Kim Kirk	HM1 Dennis Boyles
Annette Jackson	
Bobby Nesbit	
HM3 Sylvester Terry	

ARRIVING PERSONNEL FOR JANUARY

NAME	RANK/RATE	DATE OF ARRIVAL
Dobbs, David	HM3 E/4	JAN 02
Fells, George	HM1 E/6	JAN 30
Bolin, Charles	HM3 E/4	JAN 03
Diaz, Thomas	HM3 E/4	JAN 05
Vaughn, Latrenda	HM3 E/4	JAN 09
Dick, William	ICC E/7	JAN 10
Graves, Raymond	MSC E/7	JAN 12
Parker, Terry	IC2 E/5	JAN 20
Gadson, William	HM3 E/4	JAN 14
Phillips, Danny	LCDR	JAN 10
Riley, Anthony	HN E/3	JAN 06
Sanders, Charlotte	HN E/3	JAN 01

DETACHING PERSONNEL FOR JANUARY

NAME	RANK/RATE	DATE OF DEPARTURE
Harris, Charles	HN E/3	JAN 31
Sabat, Micheal	HM1 E/6	JAN 14
Allen, Suzanne	HM3 E/4	JAN 21
Boeltcher, Telse	SK3 E/4	JAN 10
Rogers, Paul	HN E/3	JAN 10
Gravatt, Micheal	HM3 E/4	JAN 26
Hall, William	SK2 E/5	JAN 12
Nash, David	HM3 E/4	JAN 03
Papworth, Healthier	HR E/1	JAN 01
Shaw, Reginald	HM3 E/4	JAN 08
Taylor, Raymond	HM2 E/5	JAN 13
Devore, Aaron	HN E/3	JAN 28

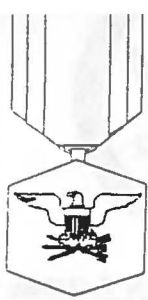


FARE WINDS & FOLLOWING SEAS
&
WELCOME ABOARD

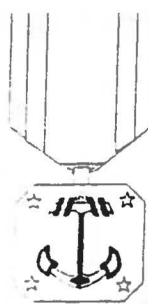
CIVILIAN COMMUNITY

This column will be dedicated to civilian side of the hospital. Any items of interest, concern, or attention may be directed to Cyndi Eldridge, room 238.





AWARDS! AWARDS! AWARDS!



by BM3 Smith

Awards presented to staff personnel during the month of January.

- CDR Ames - Navy Commendation Medal
- LCDR Davis - Navy Achievement Medal
- LT Horton - Navy Achievement Medal
- LT Nosek - Navy Achievement Medal
- BMC West - Navy Achievement Medal
- Van Hoover - Navy Achievement Medal
- IC2(SS) Parker - Navy Achievement Medal
- BM2 David - Navy Achievement Medal
- SK2 Lane - Navy Unit Commendation
- MSSN Jones - Navy Unit Commendation
- BM2 Ribolini - Good Conduct Medal (second award)
- BM3 Allen - Good Conduct Medal (first award)
- BM3 Schroeder - Good Conduct Medal (first award)
- BN Devlin - Good Conduct Medal (first award)
- BMC3 Strebel - Letter of Commendation for the Semi-Annual Leadership Award
- CDR McConaghey - Letter of Commendation
- LT Henry - Letter of Commendation
- BM1 Gough - Letter of Commendation for Sailor of the Qtr.
- MS1 Garnsey - Letter of Commendation
- BM2 Richardville - Letter of Commendation for Sailor of the Year
- BN Ferreira - Letter of Commendation for Jr. Sailor of the Qtr.
- BN Carter - Letter of Commendation
- Mrs. Billings - Letter of Commendation
- Ms. Daniels - Letter of Commendation for Civilian of the Qtr.
- Ms. Burnett - Letter of Commendation for Civilian of the Qtr.
- BN Bartholomew - Letter of Appreciation
- LT Munday - Letter of Appreciation
- LCDR White - Letter of Appreciation
- LCDR Larkin - Letter of Appreciation
- LCDR Senter - Letter of Appreciation
- Ms. Busby - Letter of Appreciation
- BM2 Hayes - Letter of Appreciation
- Ms. Bolden - Letter of Appreciation
- BM1 Marthaller - Letter of Appreciation
- BM2 Dombrowski - Letter of Appreciation
- BM3 Drewery - Letter of Appreciation
- BM3 Riessen - Letter of Appreciation
- BM3 Jeffers - Letter of Appreciation
- BM3 Cannon - Letter of Appreciation
- BN Stilwell - Letter of Appreciation
- BN Vandergriff - Letter of Appreciation
- HA De La Cruz - Letter of Appreciation

**NEW THIRD CLASS
PETTY OFFICER**

At a ceremony on 16 January, Captain Means advanced two of the new Third Class Petty Officers and frocked the selectees. Proudly wearing that new rating badge are:

Advanced as of 16 January
BM3 Robert Ferreira
BM3 Jason Lowery

Selectees to be Advanced Later
BM3 Marc Bunias
BM3 Erich Hohn
BM3 Jason Hollihan
BM3 Anthony Hopson
BM3 Stephanie Jones
MS3 Malonya Langston
MS3 Denise Lockhart
BM3 Richard Martin
BM3 Kevin Metzger
BM3 Edgar Miller
BM3 Thomas Miller
BM3 Anita Muller
BM3 Adam Rowe
BM3 Leonard Wiggins
BM3 Raymond Yoon

Congratulations to the following Awardees:

BM2 Keith Richardville - Sailor of the Year
BM3 Robert Ferreira - Junior Sailor of the Quarter and ONTECHRA's Blue Jacket of the Quarter
BM1 Timothy Gough - Senior Sailor of the Quarter
BMC3 Richard Strebel - Semi-Annual Leadership Awardee
Judy Bennett - Civilian of the Quarter, Senior Grade
Evelyn Daniels - Civilian of the Quarter Junior Grade

DEPARTMENT SPOTLIGHT

FAMILY PRACTICE CLINIC

The Family Practice Clinic (FPC) provides a wide variety of inpatient and outpatient services. The following are some of the services available by appointment on an outpatient basis: Pap smears, follow-up, obstetrics, routine overseas screening, school physicals, acute care, emergency room follow-up, prescription refills, post-partum checks, well baby program, patient education, and immunizations. Some of the outpatient minor surgery services available include: vasectomy, toenail removal, exercise stress test, colposcopy, and mole removal.

These services are provided to active duty and their dependents, and retirees. The clinic is open Mon-Fri, however not all services are available on a daily basis. For more information on appointments contact Central Appointments at

873-5958.

There are nine providers in the FPC. The Director for Clinical Services is CDR Smith, MC, USN. The department head is LCDR Larkin, MC, USNR. Other providers include: LCDR Oakes, LCDR Lantelme, LCDR Dantin, LCDR Boyer, LT Ebke, CDR Elliott, and LT Moonens. These providers see approximately 2200 patients a month.

Eighteen corpsmen are assigned to the FPC (which is the largest of the seventeen clinics at Naval Hospital Millington.) BM2 Gonzalez is the Leading Petty Officer for the clinic. Corpsmen include: BM3 Padrezas, BM3 Sheehan, BM3 Jones, BM3 Tarrant, HN Allee, HN Dabbs, HN Edwards, HN Irvin, HN Mildenerger, HN Stafford, HN Labouard, HN Bilderback, HN Harris, HN Kennedy, HN Jowers, HN Ford.

FAMILY PRACTICE CLINIC



CAREER COUNSELOR'S CORNER

GUARD III PROGRAM

The Navy's Guaranteed Assignment Retention Detailing (GUARD III) program offers up to two guaranteed assignments in return for four, five, or six year enlistments. These assignments are negotiated and mutually agreed upon between the member and the detailee.

ELIGIBILITY REQUIREMENTS

1. Expiration of active obligated service (EAOS) and projected rotation date (PRD) must coincide.
2. Must be within six months of EAOS, as extended.
3. Must re-enlist for four or more years.
4. Complete a prescribed Department of Defense (DoD) area tour if assigned to these duties: Type 3 (overseas shore), Type 4 (non-rotated sea), Type 5 (neutral), or Type 6 (preferred overseas shore.)
5. Complete the specified activity tour. General assignment guarantees are available for those with more than seven months remaining on a DoD area tour. Members assigned overseas on waivers of DoD area tours must complete the tour to be GUARD III eligible. Enlistments may be extended to complete a tour.
6. Re-enlist for four or more years.
7. Not be in receipt of orders, being processed

for transfer to the Fleet Reserve, or have an effective Fleet Reserve transfer date.

8. Have a consistent record of above average performance for the last two regular reports.
9. Have no court-martial, non-judicial punishment nor civil court involvement within 18 months of EAOS.
10. Be recommended by the Commanding Officer.

GUARANTEED ASSIGNMENTS

1. To type of ship or aircraft.
2. To homeport for sea duty.
3. To shore duty in a specific geographic location.
4. For a split tour (two years at current and two years at a new command.)

ASSIGNMENT RESTRICTIONS

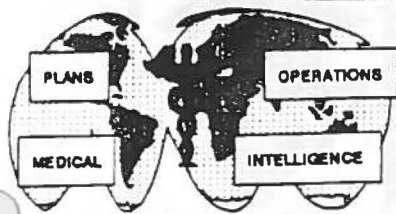
Only one guarantee is authorized. Assignments cannot be combined as a GUARD III option.

Coast to coast moves are not a guarantee.

Training is not a GUARD III option, except for some nuclear personnel.

FOR MORE INFORMATION

For more information on the GUARD III Program, see your Command Career Counselor or Command Retention Team Member.



Welcome to the world of Plan's and Op's & Medical Intell. Manning the shop is: ENS. Michael Bowers, BMC Stephen L. Rohrs, BMC(SW) Bill Miles, BM1 Hector Diaz and BM3 Chris Miller. The office is located on the second deck room 212.

Well the war's over, or is it? Did you know that the command still has personnel deployed in Bahrain, Saudi Arabia. Presently this command has two enlisted personnel attached to the Admin Support Unit in Bahrain, Saudi Arabia. Petty Officer Second Class Frances Lemons a Basic Lab Tech. assigned to the Laboratory. BM2 Lemons has been deployed since Aug 91 and is do to return sometime in February of this year. Along with BM2 Lemons is MS3 Brian Harrington. MS3 Harrington is assigned to Operating Management, BEQ Div. Petty Officer Harrington deployed NEMILL in Aug and was scheduled to return in Feb but has requested an extension for another 120 days.

Along with staff serving in Southwest Asia. The command is supporting forces elsewhere. The command is presently supporting the Commander, Joint Task Forces in Cuba, with Haitian Refugees. On the 26th of Nov,

BMC Mike Montoya along with EN's Marcus Cavitt and Keith Fall, departed Memphis for a 90 day deployment to Cuba. BMC Montoya assigned to the Director of Clinical services is an Independent Duty Corpsman. EN Cavitt is assigned to the Social Service Office and EN Fall is assigned to Branch Medical Clinic in Health Records Division. On the 9th of Dec LT Luranne Woodford departed for Cuba. LT Woodford is an OR Nurse assigned to the Operating Room. LCDR Raymond Foster who is assigned to the Internal Medicine Clinic departed for a 90 day trip to Cuba on the 27 of Jan. If anyone would like to write your fellow shipmates you can do so by writing to the following addresses:

Bahrain: P.O. Box 515 ASU Bahrain FPO NY NY 09526-2800

Cuba: JTF-G (Medical) UNIT B2259 FPO AE O 9503-9273

If you are not sure what mobilization platform you are assigned to and would like to know, you may do so by coming to our office, room 212 and look at the list on the door to find your assignment.

In closing always keep in mind the FOMI motto "If You Didn't Hear It From Us, It's Rumor."



NEW FROM THE PHARMACY DEPARTMENT

The Pharmacy Dept announces it's new "Over-the-Counter Medication Program." Eligible beneficiaries are now able to obtain many over the counter items without having a prescription written for them. Items include: acetaminaphen / antihistimine tablets, Actifed tablets and syrup, Sudafed tablets and syrup, Robitussin plain and DM, Cepacol lozenges, Benadryl cap-

sules and elixir, Tylenol drops and elixir, Mylanta II liquid, and Kaopectate liquid and tablets. These medications are to be used for acute minor illnesses, and up to two items may be selected for each family member per month. Certain restrictions do apply. For further information call the Pharmacy Department at 873-5848 or 873-5849.

CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT

BLACK HISTORY MONTH

Feb 5, Basketball Tournament; GYM 1800-2230.

Feb 22, Gospel Extra; Pat Thompson Center 1830.

Feb 12, Forum Luncheon; CPO Ballroom 1145, Attorney Richard Fields.

Feb 28, Luncheon; CPO Ballroom 1145.



CHAPLAIN MIKE'S "TOP SACRED" MESSAGE



EDUCATION

"CAMIS MASTER"

The month of February is filled with special events: Black History Month, National Prayer Breakfast, Valentine's Day, and President's Day. These happenings all point to a "Presence" of some-one or something.

Remember when Moses had been commissioned by God to deliver Israel out of Egypt? Conscious of his lack of ability, he began to give God reasons why he should not assume this place of leadership. He lacked confidence and asked, "who am I?"

The question really did not concern who Moses was or was not, but who GOD calls, not only does God provide the ability needed, God promises his Presence as well. God immediately answered Moses saying, "certainly I will be with you." The Hebrew word for "certainly" means "without a doubt." "Without a doubt I will be with you. I — God —

will be with you!" (Exodus 3:12)

When Moses became the leader of his people, he learned the strength to be found in having God's presence with him. When the burdens of leadership became heavy and overwhelming, he turned to God for strength. When the people complained, he was comforted by the one who understood, sympathized and acted!

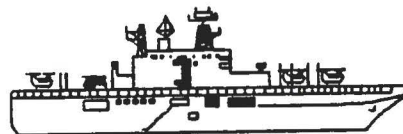
In this month of February preceding the start of Lent on Ash Wednesday, 4 March that concludes with Easter, 19 April, let God speak these same reassuring words to us, "certainly I will be with you!"

What is God asking you to do for him today? Where is God asking you to go for him? Go forth sure of the promise given us, "without a doubt I will be with you."

In His Services And Yours,
CHAPLAIN MIKE

Did you know, two Computer Assisted Medical Interactive System, CAMIS, units are up and running in the Staff Education and Training Department. Come and test your skills against the machine in the Navy's answer to the video game. Continuing Medical Education credit is awarded for the AMLS Program. Try your skill, maybe you can be a "CAMIS Master!" Read next month's newspaper for the current "CAMIS Masters."

Do something special for you Valentine, learn to save a heart. Basic Life Support classes are conducted every Tuesday in Staff Education and Training.



FROM THE FLEET

HMS(SW) Bulgin

For those of you who are transferring to an afloat command for the first time, or just thinking about it, you'll find it to be quite a unique and demanding experience. If you would like to know what you have let yourself in for or just general information about the ship's mission, the medical department, ESMS qualifications, watchbills, and customs, I would be happy to answer them. Believe me, knowing in advance what a "sea bat" and "mail buoy" is will make your transition from shore to sea a little easier! Just drop your questions off at my office in the Outpatient Administration Division.

COMMAND FITNESS CORNER

HEALTH, PHYSICAL FITNESS AND YOU

Active duty military personnel occupy a special place in our society. We are expected to be dedicated, highly trained and physically fit. Historically, we have served as role models. Unfortunately in today's society of mechanized jobs, time intense deadlines and electronic media / recreation; emphasis on health and physical fitness frequently takes a back seat to other demands and habits. In response to this reality the Navy has developed a Physical Fitness and Health Promotions Program. The role of this multifaceted program is to promote positive behavioral choices thus encouraging a healthy lifestyle. The payoff to the individual is a healthier and possibly longer life, improved self image, and greater personal satisfaction and productivity. The payoff to the Navy is the assurance that active duty members have the necessary physical, mental, and emotional capabilities to accomplish their daily duties and the unique challenges demanded by unusual and possibly emergent mission requirements.

The Physical Fitness and Health Promotion program places specific emphasis on providing you, the active duty member, with the means to improve your quality of life. The specific programs available to you include: Physical Fitness Counseling/Guidance, Tobacco Use Prevention/Cessation, Substance Abuse Prevention, Back Injury Prevention, Stress Management, Hypertension Recognition/Treatment, and Nutrition Education / Counseling. The methods of personal education vary greatly from the classroom setting of Command Orientation, to small group settings of special topics, and to individual evaluation, treatment, and counseling sessions with specialty providers. The bottom line is that the Navy does indeed care about you and your health.

Health and physical fitness are an intimate issue. It forces us to recognize a sense of personal responsibility. The trend in our society has been to rely upon our medical institutions when our health is threatened by disease. Many of us have lost sight of the inherent personal responsibility in caring for our own health. In reality, modern medical practice plays an important, but limited role, in the total spectrum of health. As individuals we can greatly enhance our level of health by making appropriate behavioral choices. Issues of dietary habits, drug usage, physical activity level, and safety concerns are all personal choices. These choices are all directly related to your health.

The challenge for you, the individual, is a very personal one. Are you willing to accept the responsibility for your health and life? The programs listed in the preceding paragraph are all available to assist you in your healthy choices. Additional assistance is available through the Family Service Center (ext #5087), the NAS Gym and Fitness Complex (ext #5188/5187), and your Command Fitness Coordinator (ext #5831.) Please call or stop by, we are eager to help.



BRANCH MEDICAL CLINIC

Come and Share

Bible study is held each Thursday from 11001200 in the Branch Medical Clinic's Administrative Conference Room. Everyone is welcome!!!!!!
(Present discussion is about "Cults.")

Branch Quote for Thought

"Leadership begins in the front, not the rear."
HMC R. West

Branch Spotlight

Subj: PERSONAL RECOGNITION

Name: HM2 Keith M. Richardville

High School/College: Lincoln H.S. Graduate 1979

Date Entered USN: 09 Aug 86

Previous Commands: After bootcamp and Corps school in San Diego, HM2 Richardville was stationed at NAVHOSP Pensacola, FL. After completion of tour, attended Aviation Med

School in Pensacola. Toured next with the USS Dwight D. Eisenhower (87-90) and currently stationed at the Branch Medical Clinic, Millington, TN.

Special Awards/NECS: Aviation Med Technician of the Year 91, Sailor of the Quarter (4th quarter) NAVHOSP, EAWS 89, Navy Achievement 91, Sailor of the Quarter on USS Eisenhower (2nd quarter 89). Nationally EMT certified. 0000/8406.

How do you foresee the importance of your role as SOY? To set the example to civilian and military personnel. To enforce that to strive for things of importance will reap the benefits of accomplishments.

Who was the most influential person(s) to you in your career? HMCS Orr, HMCS Whitaker, and HMC West.

Why? HMCS Orr set the example and prepared me for the fleet and its expectations of me. HMCS Whitaker and HMC West influence me alot by showing me their strength in leadership abilities.

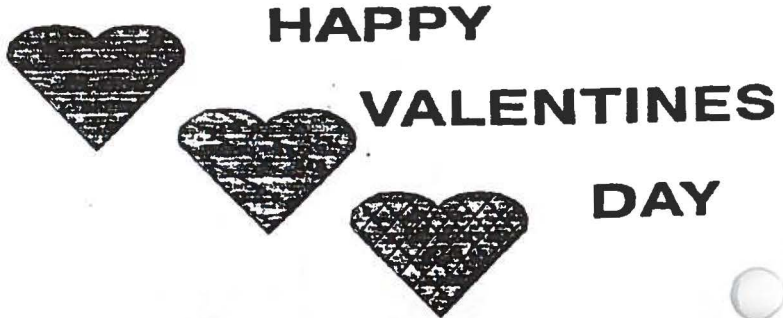
What do you consider the most important trait you possess? My leadership by example and military bearing. Always showing respect to both senior and junior personnel.

What is the "Quote of the Day" that you live by? Treat people daily as you would wish to be treated.

Softball Practice

A meeting of the Branch Medical Clinic "Lost Boy Scouts" softball team for the 92 season will be on 21 Feb 92 at 1115 in the Branch Conference Room. Coach HMI Gough will be scouting prospective personnel to ensure the Branch Medical Team is properly represented. All new prospects must possess three key ingredients:

1. Sportsmanship - No one will be permitted to play if this is not evident.
2. Desire - Personnel must wish to play ball.
3. Ability to have fun in the sun - Remember it is a softball GAME.





NAVY SPONSOR PROGRAM

Having a sponsor has often made the difference between a good move and a bad move for many sailors and their families. The sponsor program is now mandatory for all permanent change of station transfers, both stateside and overseas.

A good sponsor can positively influence initial perceptions, develop a sense of well-being in new arrivals and determine how a duty station is viewed. If Personnel Management assigns you to be a sponsor here are some tips on how you can be a good sponsor:

Write a letter to the person you'll be sponsoring to introduce yourself and let him or her know your address and phone number. You might mention in your letter the things you know are most important about this command for example, the cost of living, availability of base housing, information about the hospital, etc. Give an honest appraisal of up-front cash needs.

Send a welcome aboard packet with your letter, plus real estate and employment advertisements

from local newspapers.

If the individual writes back with questions, be sure to answer promptly.

Arrange hotel or Navy Lodge accommodations for them.

If possible, get your spouse involved in the sponsoring activity.

Show them around the base and local area.

If possible, invite them to your home for dinner the first week it will help them feel more at home.

Help set up temporary child care in advance, make reservations at the base child care center or arrange for reliable sitter.

If you can, accompany the person you're sponsoring for check-in.

Introduce them to people in the community, both on base and off base.

Remember, being a sponsor doesn't stop after the first week. Keep in touch for the first few months, be available to answer questions that don't come up during the initial days.

AMERICAN PROLOGUE



Get in Line Behind Trigger

In the early days, the military did not accept responsibility for medical care of service members' families.

It wasn't until the Civil War that military physicians were authorized to give wives whatever medical care they needed — after taking care of the troops and horses.

THE CLIPPER STAFF

BMCM E. Petty
LCDR P. McConaughy
LTJG J. Romin
BMCS G. Bulgin
BMC W. Miles
BM1 D. Santee
BM1 T. Gough
BM2 D. Cawthon
BM3 J. Smith
BM3 J. Hardy
Cindy Eldridge

Chain of Command...

